

CDC Vital Signs

Alcohol Poisoning Deaths

Alcohol poisoning is caused by binge drinking large quantities of alcohol in a short period of time. Very high levels of alcohol in the body can shut down critical areas of the brain that control breathing, heart rate, and body temperature, resulting in death. Alcohol poisoning deaths affect people of all ages but are most common among middle-aged adults. In the United States, an average of six people die *every day* from alcohol poisoning. Most of the deaths are among men.

States and communities can support proven programs and policies to prevent binge drinking. Health care providers can screen all adult patients for binge drinking and counsel those who do, to drink less. Don't binge drink. If you choose to drink, do so in moderation—up to one drink a day for women or two drinks a day for men.

To learn more, visit [cdc.gov/vitalsigns](https://www.cdc.gov/vitalsigns).